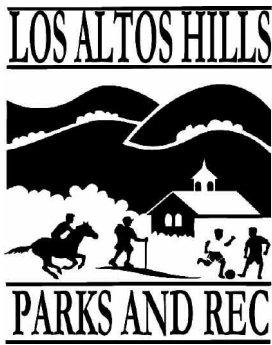


Town of Los Altos Hills
Activity Guide
Spring-Summer 2007



*Register for classes online at www.losaltoshills.ca.gov/recreation
Registration for Los Altos Hills residents: March 12
Registration for Non-residents: March 21*



Spring/Summer 2007
Los Altos Hills Parks and Recreation
Activity Guide

*Town of Los Altos Hills
City Council*

Hon. Dean Warshawsky, Mayor
Hon. Craig A. T. Jones, Mayor Pro Tem
Hon. Breene Kerr, Councilmember
Hon. Jean (John) Mordo, Councilmember
Hon. Mike O'Malley, Councilmember
City Manager – Carl Cahill

*Parks and Recreation
Department*

Parks and Recreation Department
26379 Fremont Road
Los Altos Hills, CA 94022
(650) 941-7222

Cover photo by Scott Vanderlip.

*Parks and Recreation
Committee*

Valerie Metcalfe, Co-Chairperson
Steven Johnson, Co-Chairperson
Karen Bergh
Ben Gikis
Rebecca Hickman
Patty Radlo
Scott Vanderlip

Members of the Los Altos Hills Parks and Recreation Committee are appointed by the City Council and serve as an advisory body to the Council on matters related to recreation programs and activities. They study all recreation facilities available within the Town and make recommendations regarding their status

Parks and Recreation Committee meetings are held on the 3rd Monday of every month at 9:30 am at Town Hall. All Parks and Recreation Committee meetings are open to the public.

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The Los Altos Hills Parks and Recreation Activity Guide is an annual publication, mailed or delivered to residents of Los Altos Hills. Businesses or entities referenced in this brochure do not constitute an endorsement by the Town of Los Altos Hills.

For additional copies, or to receive an electronic version of this publication contact the Los Altos Hills Parks and Recreation Department at (650) 941-7222.

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YOUTH CAMPS

Ohlone Camp

The Ohlone Summer Camp introduces participants to the Ohlone Native American folklore, history and culture. Activities include hikes, crafts, outdoor games and storytelling. Campers also learn about local wildlife and regional geography. The camp is held at the summit of the scenic Byrne Preserve, rain or shine.

Session 1 July 16 – July 20
Session 2 July 23 – July 27
Session 3 August 6 – August 10
Time: 8:30 am – 12:30 pm
Location: Byrne Preserve
27210 Altamont Road
Fee: \$140 for residents
\$150 for non-residents
Ages: 6 to 12*

*Please call to request age exceptions prior to registration.

Mini-Ohlone Camp

Young campers, ages 3 to 5, learn about the Ohlone Native American folklore and history through storytelling and arts and crafts. Activities include nature hikes and outdoor games. Parents are welcome to accompany their child/children. Potty-trained campers only.

Session 1 July 30 – August 3
Time: 8:30 am – 12:30 pm
Location: Byrne Preserve
27210 Altamont Road
Fee: \$140 for residents
\$150 for non-residents
Ages: 3 to 5

* Please call to request age exceptions prior to registration.

Gitty-Up! Summer Riding Camps

The Town of Los Altos Hills and the Parks & Recreation Riding camp staff welcomes your budding horse rider to an exciting and fun-filled week at beautiful Westwind Community Barn. The goal of this camp is to provide beginning horsemanship skills and horse management for children.

No special riding attire is required, however, for safety reasons we will require that camp participants come neatly dressed wearing:

- Jeans or other comfortable pants (no shorts)
- Boots or shoes with heels
- No jewelry
- Hair pulled back and out of the face
- Safety helmets will be provided

Parents are encouraged to attend camp on Friday at which time riders will demonstrate the skills they have learned during the course of the week. More details will be provided when camp starts. Camps are limited to 10 participants per session. Water and snacks will be provided.

Session 1 June 18 – June 22
Session 2 June 25 – June 29
Time: 8:30 am to 12 Noon
Location: Westwind Barn – Upper Arena
27210 Altamont Road
Fee: \$300 for residents
\$325 for non-residents
Ages: 6 to 17
Instructor: Jane Kawasaki

Mini-Horse Camp

A shorter, 4-day camp over the Fourth of July week that focuses on the same skills as the full week camp.

Dates: July 2, 3, 5, & 6
Time: 8:30 am to 12 Noon
Fee: \$250 for residents
\$275 for non residents

Horse Helpers - Leaders in Training Program

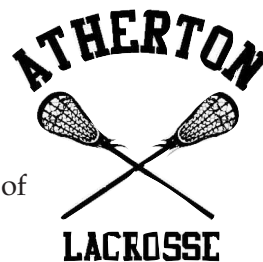
This free program is designed for youth ages 8 to 17 who are well-experienced in horseback riding. Leaders in Training will assist Riding Camp instructors with tack, helping campers learn to ride and setting up camp. For older campers, this can be used to help fulfill community service hours.

Session 1 June 18 – June 22
Session 2 June 25 – June 29
Session 3 Mini-Riding Camp – July 2, 3, 5, & 6
Time: 8:15 am to 12:30 pm
Location: Westwind Barn – Upper Arena
27210 Altamont Road
Fee: Free, but registration required.



Lacrosse Camp

Try Lacrosse! Learn the fundamentals of Lacrosse, the fastest game on two feet! We make learning the fundamentals of lacrosse fun. No previous experience required.



Lacrosse sticks will be available for rent for \$10 for the week from the Atherton Lacrosse staff or bring your own; mouth guard is required (can be purchased for \$2). Play is “no-contact.” For more information, please visit the Atherton Lacrosse website www.AthertonLacrosse.com or email us at AthertonLacrosse@Gmail.com

Dates: June 25 – June 29
Time: 9 am – 12 Noon
Location: Pinewood School-Upper Campus
Playing Field
26800 Fremont Road
Fee: \$200 for residents
\$210 for non-residents
Ages: 7-15
Instructor: Atherton Lacrosse Staff





MAD SCIENCE

"Fizz"ical Phenomena & Che-Mystery

Take a walk on the wild side as we explore molecular madness, crazy chemistry and all kinds of reactions. Send secret messages to your friends and test your code-breaking skills. Whip up potions, find out how different chemicals react when mixed together, and use your skills as a chemist to discover the answers to secrets you've always wondered about. Become a Mad Science detective and use your forensic skills to solve the "Great Grecko Grab."

Date: July 9 – July 13
Time: 9 am – 12 Noon
Location: Los Altos Hills Town Hall
 26379 Fremont Road
Fee: \$160 for residents
 \$170 for non-residents
Ages: 5-12
Instructor: Mad Science Instructors



10th Annual Los Altos Hills Town Family Picnic



The Town Picnic features complete dinners cooked by our firefighters from Santa Clara County Firefighters Local # 1165 – chicken, all-beef hot dogs and vegetarian burgers served with firefighters chili, tossed salad and garlic bread. Soft drinks, beer, wine and ice cream sundaes will be provided, as will entertainment, games and a variety of attractions for both adults and children.

The Town Family Picnic is organized by the Community Relations Committee with help from many other volunteers in Town. You can volunteer to help for half an hour or more at the picnic by calling Town Hall at 941-7222.

The picnic is hosted by the Town of Los Altos Hills, and therefore limited to Town residents. A registration coupon will be mailed to all Town residents in May, and advance registration is required so we can order the correct number of dinners. Many large canopies will be provided, so rain or hot weather do not cancel the picnic!

Date: June 3
Time: 1 pm – 4 pm
Location: Purissima Little League Fields
 (Purissima and Viscaino Road)
Fees: None - it's a real free lunch!



Skyhawks Sports Camps

The Skyhawks programs have been developed to improve individual skills and are tailored specifically to each sport offered. Skyhawks works in conjunction with the Los Altos Hills Parks and Recreation Department to provide youth with an opportunity to enrich their sports skills by participating in safe, positive and noncompetitive programs. Each Skyhawks experience offers fundamentals, fun times and good friends. For full information on the Skyhawks organization, please go to www.skyhawks.com

Skyhawks Basketball Camp

Players have a great time as they refine their passing, shooting and dribbling skills. Participants put their newly acquired basketball skills to the test at an end of the week tournament! The participant-to-coach ration is approximately 10:1

Basketball camp participants must bring, lunch, snack & water bottle. Campers should wear appropriate shoes (running shoes are fine; no black soles). All campers will receive a basketball, camp t-shirt and a merit award.

Date: June 25 – June 29
Time: 9 am – 12 Noon
Location: Pinewood School-Upper Campus
26800 Fremont Road
Fee: \$119 for residents
\$129 for non-residents
Ages: 6-12
Instructor: Skyhawks Staff

Mini-Hawk Camp

An introductory program for young children, Mini-Hawk helps children explore soccer, baseball and basketball in a day-program setting. No pressure, just lots of fun while these young athletes participate in all three sports through unique Skyhawks games. Our Mini-Hawk coaching staff is trained to meet the special needs of young children. Staff members are committed to helping children start off on the right foot, as they take their first steps into athletics. Participant-to-coach ratio is approximately 8:1. Mini-Hawk participants must bring two snacks, water bottle, sunscreen, shin Guards (recommended). All Mini-Hawk Multi-Sport participants will receive a sport ball, T-shirt & Merit Award.

Date: July 16 – July 20
Time: 9 am – 12 noon
Location: Pinewood School – Upper Campus
26800 Fremont Road
Fee: \$119 for residents
\$129 for non-residents
Ages: 4-7
Instructor: Skyhawks Staff



RED CROSS COURSES

CPR and First Aid Certification

A highly valuable class for everyone!

In the morning, participants will learn and practice cardiopulmonary resuscitation (CPR) for adults, rescue breathing, choking rescue and use of the EMS system. This

class is taught by instructor demonstration, supplemented by video tape and practice on manikins. After the lunch break, the class will cover additional forms of First Aid. These include control of bleeding, treatment of burns, fractures, seizures, shock, heat and cold emergencies, and poisoning.



Wear comfortable clothing; this class will require participants to get on the ground for practice. You will be expected to fully participate in classroom and skill sessions, as well as be tested in skill and knowledge. Successful completion will gain certification in CPR and First Aid by the American Red Cross, and you will be able to deal confidently with medical emergencies.

Bring a bag lunch. There is a minimum requirement of 6 participants for the class to be held, with a maximum of 12.

Dates: Sunday June 3
Time: 9 am – 4 pm
Ages: 16 & up
Fee: \$60
Registration Ends: May 25

Babysitter's Training

Become an American Red Cross Certified Babysitter! This class will teach you how to interview for a babysitting job, make responsible decisions, and supervise children. It includes self assessment, basic care, holding, and feeding of children, as well as basic first aid to help deal with emergencies with confidence. The class involves hands-on activities and practice, as well as group discussion. Students must be at least 11 years old to receive certification.

Wear comfortable clothing and bring a bag lunch. The class requires a minimum of 8 participants, with a maximum of 12.

Date: Saturday June 23
Time: 9 am – 3:30 pm (with a 30-minute break for lunch)
Ages: 11 & up
Fee: \$55
Registration Ends: June 8

FITNESS CLASS

Mind Body Fitness Class

This 8 week course, taught by Pam Walatka, focuses on yoga, mediation and Pilates. Class activities include stretching, relaxation and strengthening the body. Be sure to bring a yoga mat and wear loose, comfortable, stretchy layered clothing. For more information on the instructor and her classes, please go to www.wildhorses.com.

Session 1 April 18 – June 6
Session 2 June 20 – August 15 (no class July 4)
Session 3 August 22 – October 10
Days/Time: Wednesdays, 10:15 am – 11:30 am
Location: Town Hall – 26379 Fremont Road
Fee: \$105 for residents
\$115 for non-residents
Ages: 18 and over
Instructor: Pam Walatka

YEAR-ROUND RIDING PROGRAM

The 2007 Year Round Riding Program Spring/Summer session(s) offers two levels of riding lessons for youth and adults. The Beginners' Program is for those with little or no riding experience. The Novice Program is for riders who are comfortable at the walk and trot and who are beginning to canter.



Fees: Resident - \$240
Non-Resident - \$260

Adult & Youth Beginner Program

Session 1 February 25 – April 1
Session 2 April 15 – May 20
Session 3 July 15 – August 19
Session 4 August 26 – September 30
Days: Sundays
Times: 9 – 10 am
Location: Westwind Barn
27210 Altamont Road
Ages: 7 & up

Youth Beginner Program

Session 1 February 27 – April 3
Session 2 April 17 – May 22
Session 3 July 17 – August 21
Session 4 August 28 – October 2
Days/Times: Tuesdays
Early Session: 4 – 4:45 pm
Late Session: 4:45 – 5:30 pm
(Late Session is available starting April 17)
Location: Westwind Barn
27210 Altamont Road
Ages: 7 & up

Youth Novice Program

Session 1 February 28 – April 4.
Session 2 April 18 – May 23.
Session 3 July 18 – August 22
Session 4 August 29 – October 3
Days/Times: Wednesdays
Early Session: 4 – 4:45 pm
Late Session: 4:45 – 5:30 pm
(Late Session is available starting April 18)
Location: Westwind Barn
27210 Altamont Road
Ages: 7 & up

BOWSER AND ME – SPECIAL PET EVENTS

Community Dog Walk

An informal event, the 4th Annual Los Altos Hills Community Dog Walk allows dog owners and their pets an opportunity to explore the Los Altos Hills Pathway System.



The walk is approximately 1 hour in length and is easy. All are invited to share this event with their pet(s).

The walk is free of charge for all participants and will be cancelled should bad weather arise on the day of the event.

Date: Saturday, March 10
Time: 9 am – 11 am
Location: Town Hall
26379 Altamont Road
Fee: No charge or registration required

4th Annual Hoppin' Hounds Easter Biscuit Hunt

It's the 4th Annual Doggie Easter Biscuit Hunt in Los Altos Hills to benefit the Palo Alto Animal Services. This is an on-leash event for dog and owner.

Dogs will hunt the Byrne Preserve for dog-healthy Easter Biscuits provided by 5 Paw Bakery of Los Altos. We request a minimum \$5 donation. All proceeds go to Palo Alto Animal Services.

This event is sponsored by the 5 Paw Bakery (www.fivepaw.com) and the Town of Los Altos Hills.

Date: Saturday, April 7
Time: 9 am – 11 am
Location: Byrne Preserve
27210 Altamont Road

RUN FOR THE HILLS!

Pathways Run

10K/5K & 1-Mile Fun Run

The Pathways Run begins at the Westwind Community Barn and runs through the Byrne Preserve and extends into the Los Altos Hills Pathway System. The Run features a 5K/10K Pathways Run/Walk and a 1 mile fun run for kids. All children participating in the 1-mile fun run will receive a t-shirt and finishers medal. Event will be held rain or shine.

Date: Saturday, May 12
Time(s): 5 K & 10K runs - 9 am
1-Mile Fun Run - 10:30 am
Location: Westwind Barn
27210 Altamont Road
Fees: 10K/5K Run/Walk \$20, \$25 race day
1 Mile Fun Run-\$10, \$15 race day

Horse Boarding and Riding at Westwind Community Barn

This picturesque facility is located on Altamont Road, overlooking Byrne Preserve and the western hills. There are miles of trails to enjoy, two arenas, a variety of instructors, and a chapter of the US Pony Club organization. Residents of Los Altos Hills have priority for horse boarding in both pastures or stalls. It is also possible to become a facility using member, even if you board elsewhere. This is the location of the Parks and Recreation Riding Programs, so even non-horse owners can avail themselves of this spectacular location.

Contact: Westwind Community Barn, 941-6113
www.westwindcommunitybarn.org

2007 Westwind Barn Activity Schedule

April 22	Earth Day
May 16 – 20 &	Dressage Clinics
September 20-24	Dressage Clinics



RECREATIONAL PROGRAMS, AREAS AND OPEN SPACE

Los Altos Hills Town Riding Arena

Newly refurbished, using state grant funds this public facility is an excellent place to take your horse for a little exercise. This is a public arena that requires no payment for usage. The Town Arena is operated by the Parks and Recreation Department and maintained by our sponsoring community partner, the Los Altos Hills Horsemen's Association (LAHHA). LAHHA holds various horse related events monthly at the Town Arena. For a more complete calendar of information on the activities held at the Town Arena, contact the Parks and Recreation Department at 941-7222.

Date: Varied
Location: 27400 Purissima Road (Purissima Road and Viscaino Road)
Ages: 7 & up (Youth must be accompanied by an adult)
Contact: Town Parks and Recreation Department
 (650) 941-7222
Fee: Free



LAHHA Event Calendar

May

26-27 Advanced "Horse Speak" Clinic at the Town Arena - Marybeth Wiefels will help equine enthusiasts learn advanced communication techniques with their equine partners 9 am - 3 pm. Limited space. For reservations: (650) 941-3826

June

9 Trail Ride* (Meet at the Town Arena at 11 am)
16 LAHHA Play-Day

July

7 Trail Ride to Alpine Inn (Meet at the Town Arena by Noon)
14 Trail Ride* (Meet at the Town Arena at 11 am)
28 Full Moon Trail Ride* - Ride starts at 6:45 pm at the Town Arena.

August

5 Horsemanship Clinic - Marybeth Wiefels returns to the LAH Arena to help riders improve their riding skills and partnership with their horse.
11 Trail Ride* (Meet at the Town Arena at 11 am)
28 Moonlight Trail Ride*-Ride starts at 6:45 pm at the Town Arena

September

8-9 Jack Brooks Overnight Camping and Trail Rides* - Camping under the Stars. Campfire cooking, country music and trail rides.

*LAHHA members only. Membership forms are available at the beginning of each trail ride.

4-H Disabled Riding Program

Do you love horses? Do you enjoy working with children? We can use your help!

The Westwind Riding Institute/4-H is a non-profit organization offering riding lessons to children with physical disabilities. Its base of operation is at Westwind Barn.

Volunteers are needed (age 14 and older) to help groom horses, lead horses and walk alongside riders during lessons. No experience is necessary, just a love for horses and a dedication to the riders in the program.

Sessions:

Spring: Mondays & Thursdays

Time: 4:00 pm – 5:00 pm

Summer: Mondays (July)

Time: 7:00 pm – 8:00 pm

Location: Westwind Barn

Contact: Nancy Couperus, Westwind 4-H,
947-8680



Los Altos/Los Altos Hills Little League



*From Los Altos Town Crier,
published on October 15, 2003*

LA/LAH Little League Baseball serves over 500 children every year. The Little League philosophy is that children are drafted or placed into the appropriate division based on their skill rather than their age. Every child age 5-12 will be placed on a team, as there are no "cuts". Teams

typically have 12 players and each division has minimum playing time standards to ensure everyone gets to play. Teams play twice a week (once on Saturdays) and may also practice 1-2 times a week.

Location: Purissima Little League Fields

Ages: 5 to 16

Information: 562-1077

Website: www.losaltoshillslittleleague.com

Los Altos Hills Pathways System

A very special feature of Los Altos Hills is the Pathway System. Sixty-three miles of roadside and off-road paths meander through the hills and valley of the Town, connecting various areas of the community. This network provides valuable recreational asset for residents; the system has been designed over many years to provide non-vehicular access to the Town for walkers, runners, bicyclists and equestrians.

Purissima Little League Fields

This 4-field baseball complex is home to the Los Altos Hill Parks & Recreation Department and the Los Altos Hill/Los Altos Little League programs. Residents and Private groups are able to reserve the fields. Please call the Parks and Recreation Department at 941-7222 to reserve the fields for your event.

Byrne Preserve

Located along the upper length of Altamont Road and connected to the Los Altos Hills Pathway System, the Byrne Preserve consists of 55 acres of open space adjacent to the Westwind Barn. The preserve is a passive recreational site and also serves as a pasture for horses.

Hidden Villa Recreation Area

This 1600-acres land preserve contains an educational farm, wilderness area, visitor center, nature shop, trails and a youth hostel. The property was a gift from Frank & Josephine Duveneck and is owned and operated by the Trust for Hidden Villa, a non-profit corporation. Annually, 40,000 people visit Hidden Villa. The hostel is available for day or overnight use, and the farm and hiking trails are open to casual visitors everyday except Monday.

Location: 26870 Moody Road
General Information: (650) 949-8650
Volunteer Information: (650) 949-8655
Community Programs: (650) 949-8653
Website: www.hiddenvilla.org

Juan Prado Mesa Preserve

Located in the southeast part of town, with pathway entry points off of Stonebrook Drive and Dawson Drive, Juan Prado Mesa Preserve is bordered by Neary Quarry and Hale Creek. The preserve offers residents excellent hiking and nature observation experiences.

Rancho San Antonio Open Preserve

Located on Cristo Ray Drive, south of the Foothill Expressway/Highway 280 interchange, this 167 acres park offers facilities for bicycling, hiking, model glider flying, photography and other recreational uses. Within this park is Deer Hollow farm, a working farm for the enjoyment of visitors, especially children.

Location: I-280 and Foothill Expwy
General Info: (650) 691-1200
Website: www.openspace.org

Community Resource List

American Red Cross - Palo Alto Chapter
(650) 688-0415

Community Health Awareness Council
(650) 965-2020

Community Services
(650) 968-0836

Los Altos Chamber of Commerce
(650) 948-1455

Los Altos Mediation Program
(650) 949-5267

Los Altos Senior Center
(650) 947-2894

Morgan Center for Autism Spectrum
(650) 241-8161

Palo Alto Animal Shelter
(650) 496-5971

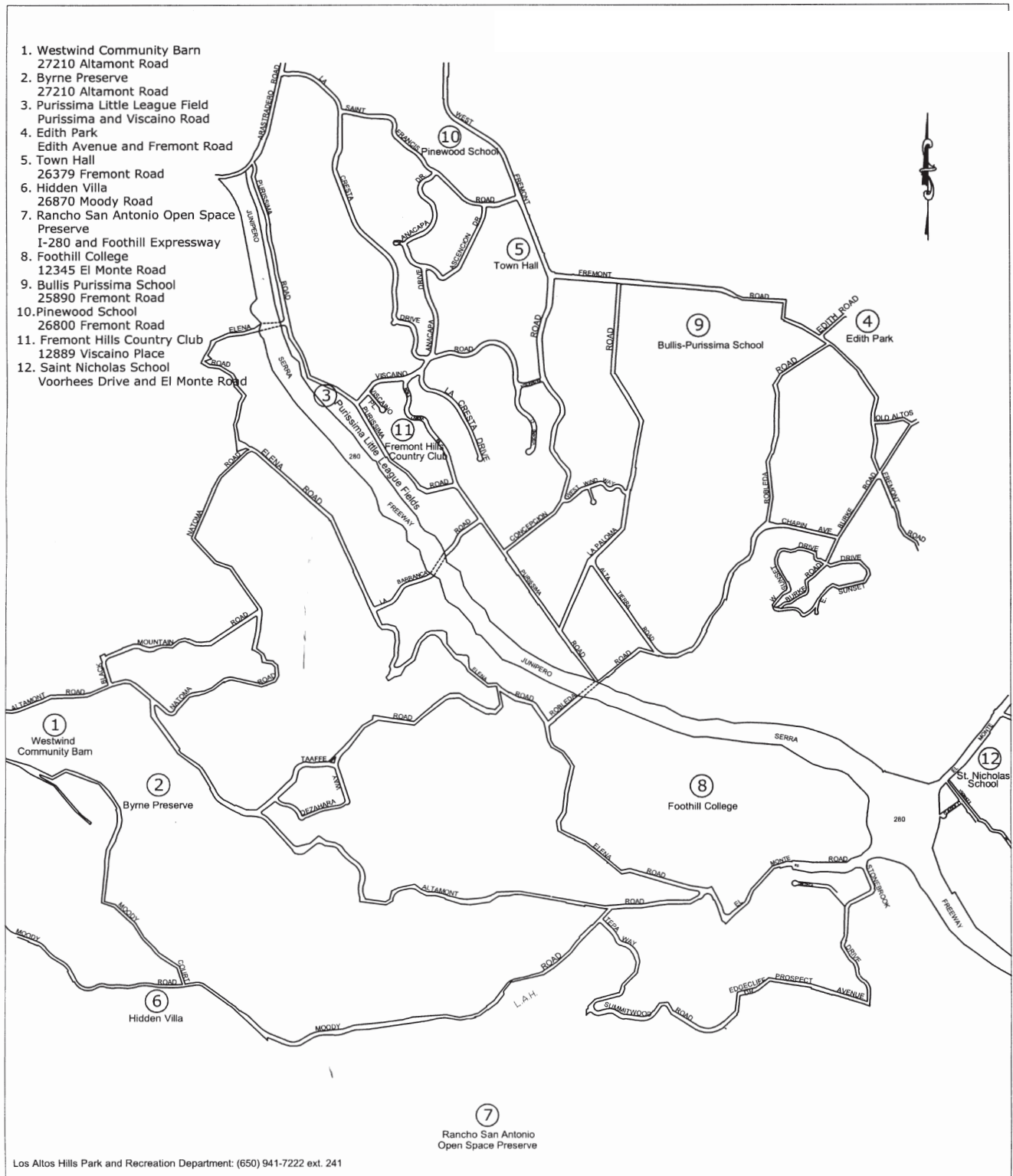
Santa Clara County Library
(408) 293-2326

Santa Clara County Parks
(408) 355-2200

Support Network for Battered Women
(650) 940-7850

Wildlife Rescue
(650) 494-7283

Los Altos Hills Recreation Locations



Registration Form

Please Print All Information

Participant First and Last Name	Age (if under 18)	T-shirt Size	Course/Activity	1st Choice	2nd Choice	Fees
				Session__	Session__	
				Session__	Session__	
				Session__	Session__	
				Session__	Session__	
				Session__	Session__	
				Session__	Session__	

Parent/Adult Contact Information:

Name _____ Date of Birth _____
Last First

Address _____ City _____ State _____ Zip _____

Email address _____

Parent Name _____
Last First

Home Phone (____) _____ Work Phone (____) _____ Cell Phone (____) _____

Local Emergency Name _____ Phone No. (____) _____

Release of Liability & Assumption of Risk Agreement

In consideration of the acceptance of the application for entry into the classes or activities listed on the Registration Form, I hereby waive, release and discharge any and all claims for damages for death, personal injury, or property damage which I may have, or which may hereafter accrue to me as a result of my participation in said classes or activities.

I am aware that these classes or activities subject me to physical risks and dangers, nevertheless, I voluntarily agree to assume any and all risks of injury or death, and to release, discharge, and hold harmless all of the entities or persons mentioned above who, through negligence or carelessness, might otherwise be liable to me, or my heirs, personal representatives, next of kin, spouse or assigns.

It is understood and agreed that this waiver, release, and assumption of risk is to be binding on my heirs, personal representatives, next of kin, spouse and assigns.

I have fully read this Agreement and fully understand its content. Furthermore, the significance of this release of liability and assumption of risk agreement has been EXPLAINED TO THE MINOR.

Signature _____

REFUND POLICY- Refunds will only be given up to 7 days before the commencement of program. Within 7 days, a refund will only be granted if vacant position is filled. No refunds will be given after program has started.

TO BE COMPLETED BY PARENT OR GUARDIAN OF MINOR PARTICIPANTS

I have fully read this Agreement and fully understand its content. Furthermore, the significance of this release of liability and assumption of risk agreement has been EXPLAINED TO THE MINOR.

Signature of parent or guardian: _____ Date: _____

Print parent/guardian name: _____

Address: _____

Please indicate whether you are signing as: ☐ Parent ☐ Guardian

Please detach and remit payment to:

Town of Los Altos Hills
Parks and Recreation
26379 Fremont Road
Los Altos Hills, CA 94022



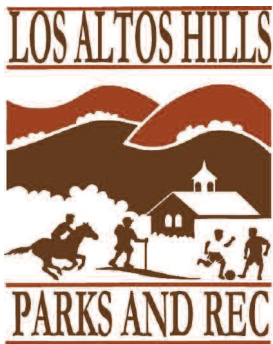
I hereby authorize the use of my MasterCard or Visa account.

Print name as it appears on card _____

MasterCard or VISA # _____

Expiration date _____

Signature _____



Los Altos Hills Parks and Recreation
26379 Fremont Road
Los Altos Hills, CA 94022

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